

“Cindy” 6-2-09

Own body squats-10 slow pace and 10 at a fast pace
Cable one arm forearm pull(palm is up) and weight is set at 12.5-15x each arm
Squat and Lateral leg lift-12x each side
Cable one arm tricep pulldown with weight set at 12.5-10x each arm
Above exercises done 2x

Bench rows with 5lb DBs-15x
Lunge and kicks-12x each leg
Bosu bridge and flys-15x
Sumo squat and narrow squat sequence-30sec
Above exercises done 2x

All upper body work:
Cable pulls-15x each side
Cable tricep pulldown-15x each side
Bench rows-15x
Bosu bridge and fly-15x
All done 1x

5 minute walk progress to a high speed, go up 2 grades with speed every minute(ease into this)

Regular rollups-10-15x
Cross leg rollups-10-15x